

1. A racket comprising:
a handle section;
a head section; and
a connecting section positioned between the handle section and the head section,
5 wherein one or more of the handle section, the head section, and the connecting
section comprise a superelastic metal.

2. The racket of claim 1 wherein the superelastic metal is at least partially
surrounded by a second material.

3. The racket of claim 1 wherein the superelastic metal comprises a wire
10 mounted to the head section to form an enclosed opening through which a racket string
passes.

4. The racket of claim 3 wherein the head section of the racket includes one
or more interior channels through which the wire passes.

5. The racket of claim 1 wherein the head section includes the superelastic
15 component around at least a portion of the circumference of the racket.

6. The racket of claim 5 wherein the superelastic component has a tubular
cross-sectional profile.

7. The racket of claim 1 wherein the connecting section includes a
bifurcation having two arms connected to the head section, and at least one of the arms
20 includes a superelastic component.

8. The racket of claim 1 further comprising a superelastic dampener, wherein
the connecting section includes a bifurcation having two arms connected to the head
section and forming an opening between the two arms and the dampener is connected to
the two arms and passes between the two arms.

9. The racket of claim 1 wherein the handle section includes the superelastic component.

10. The racket of claim 9 wherein the superelastic component is in the form of a longitudinal component extending generally co-linearly with the handle section.

5 11. The racket of claim 9 wherein the superelastic component is in the form of a circumferential component extending around the circumference of the handle section.

12. The racket of claim 11 wherein the superelastic circumferential component comprises the entirety of at least a portion of the length of the handle section.

10 13. A set of ski components, the set comprising:
at least one ski comprising a superelastic component configured and positioned with respect to the ski to provide an elastic response of the ski to a deflection.

14. The set of ski components of claim 13 further comprising a ski pole, the ski pole comprising a handle, a rod, a spike, and a ring, wherein one or more of the handle, the rod, the spike, and the ring include a superelastic component and the
15 superelastic component is configured and positioned to provide an elastic response of the ski pole to a deflection.

15 15. The set of ski components of claim 13 wherein the superelastic component is positioned as a bottom surface of the ski, wherein the bottom surface of the ski is configured to be in contact with a ski surface.

20 16. The set of ski components of claim 15 wherein the superelastic component has a curvature between opposite outside edges.

17. The set of ski components of claim 15 wherein the superelastic component has a flat surface between opposite outside edges.

25 18. The set of ski components of claim 15 wherein the superelastic component is removably mounted to the ski.

19. The set of ski components of claim 13 wherein the superelastic component is positioned at least partially within the ski.

20. The set of ski components of claim 19 wherein the superelastic component comprises at least two parallel members.

5 21. The set of ski components of claim 19 wherein the superelastic component comprises multiple members that extend collinearly along at least a portion of the length of the ski.

10 22. The set of ski components of claim 14 wherein the rod includes an upper member and a lower member and an angled connecting member positioned between the upper member and the lower member, and the angled connecting member comprises a superelastic metal that is configured to elastically flex when one or both of the upper member and the lower member are deflected.

15 23. A ski pole comprising a handle, a rod, a spike, and a ring, wherein one or more of the handle, the rod, the spike, and the ring include a superelastic component and the superelastic component is configured and positioned to provide an elastic response of the ski pole to a deflection.

24. The racket of claim 1 wherein one or more of the handle section, the head section, and the connecting section include a channel containing a liquid or moveable solid configured to move within the channel.

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